

# "A Healthy Farm or Ranch is Nothing Without a Healthy You!"

American Farm Bureau Federation

## Start at the Root

Farming and ranching is stressful, and our Idaho producers are struggling. Before stress becomes unbearable, take these simple steps to help manage your health.

1. Focus on what you can control
2. Ask someone to listen without offering solutions
3. Keep yourself physically healthy
4. Seek routine
5. Find practical ways to relax
6. Use reliable resources

## Too Much Stress?

If you are experiencing these symptoms chronically, it may be time to seek professional help!

- Aggression/Irritability
- Fatigue
- Persistent worry or fear
- Withdrawing from activities
- Avoiding others
- Significant weight changes
- Substance abuse

Call **1-800-FARMAID**  
(1-800-327-6243)

Hotline hours are Monday through Friday  
7am - 8pm MST  
or visit **farmaid.org** if assistance is needed  
outside hotline hours

**Your wellbeing is an important asset in your operation.**



The Idaho Farm and Ranch Center was created in 2020, to help Idahoans start, manage, and transition farms and ranches. Visit [farm.idaho.gov](http://farm.idaho.gov) for more resources.